

Specialty Fitness Classes

For class dates and times and to register go to www.invergroveheights.org/onlineregistration or call 651-450-2480.

- Save \$5 when registering one week or more in advance.
- Register 3 days in advance to avoid a \$5 late fee.
- All classes are 8 sessions and 50 minutes in length unless otherwise noted.

Class Title	Description	Fees (8 sessions) Member/Non-member
Back to Balance	Designed for individuals who would like to improve balance and coordination to aid them in everyday activities.	\$29/\$49
Boot Camp	Trainers will push you to achieve your fitness goals with fun, challenging workouts! Stay motivated and work as a team to burn mega calories!	\$59/\$99 (16 sessions)
Boxing & Bells	Swing bells to improve cardiovascular and strength. Utilize punching bags and gloves to improve upper body strength, coordination and relieve stress.	\$39/\$59
Boxing Camp	A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and healthier state of mind. Moderate to high intensity level.	\$49/\$79
C.R.T. (Cardio Resistance Training)	Circuit style workouts designed to challenge any fitness level utilizing a variety of equipment including TRX and Kettle Bells.	\$39/\$59
Cycle & Strength	Class combination will be 30 minutes of group cycle and 30 minutes of strength training circuit. This class can accommodate people of all abilities and those with limitations.	\$39/\$59
Instafit (ages 8-12)	Instafit will increase balance, endurance, speed, agility and strength. Class will infuse cardio with resistance and core exercises using tools such as balls, bands, BOSU and light dumbbells.	\$29/\$49 \$15/extra siblings
Small Group Wellness Coaching	Health and lifestyle coaches help you bring awareness to who you are and who you want to be. Identify barriers to change and set goals to live life to the fullest.	\$59/\$99 (Four 60-minute sessions)
Outdoor Boot Camp (Sept. & Oct. only)	Join Boot Camp for a challenging and rewarding workout in the great outdoors! This class will push your limits in a fun, motivating atmosphere.	\$39/\$59
Strength Training Circuit	Increase bone density, muscle mass and lose inches! Receive resistance training with a personal trainer.	\$39/\$59
Yoga & Core Fusion	Stretch and strengthen your body with Yoga, TRX and Pilates work with mat, bands and balls.	\$39/\$59
TRX Bell	Work in a small group setting to train your body with TRX suspension training and Kettle Bells. This time efficient class will elevate your heart rate and strengthen your whole body.	\$39/\$59
Nutrition Support	Educate yourself to make better food choices. Set goals and hold yourself accountable. Receive support from our Nutritionist and others on your weight loss journey.	\$39/\$59 (Eight 30-minute sessions)
Small Group Yoga	Class is designed for those that would like to learn a safe practice specific to their needs that can be modified in class or on own.	\$39/\$59

